

Mango Black Bean Salsa

"This is a fresh, colorful salsa that goes well with chicken, pork or fish dishes. It's also a perfect fat-free dip for baked tortilla chips."

Ingredients:

- 1 large mango, chopped
- 1/3 cup red onion, chopped
- 1 cup black beans, rinsed and drained
- 1/4 cup freshly chopped cilantro
- 1 jalapeno pepper, seeded and finely chopped
- Juice of 1 lime



Preparation: Combine mango, red onion, black beans, cilantro and jalapeno in a medium bowl. Squeeze lime juice over mixture. Stir well, cover and refrigerate until ready to use.

<http://lowfatcooking.about.com/od/appetizersandsnacks/r/mangoblbeansals.htm>